



# SAND SCRIPT

EXPEDITIONARY EDITION

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**All work, no play? No way!**

*Story and photos, page 13*

***One Team, One Fight!***

## Today's Thought

“Every good citizen makes his country's honor his own, and cherishes it not only as precious but as sacred. He is willing to risk his life in its defense and is conscious that he gains protection while he gives it.”

-- **Andrew Jackson**

7th President of the United States  
1829-1837



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*Submit stories and photos to [380aew.pa@adab.centaf.af.mil](mailto:380aew.pa@adab.centaf.af.mil). The SAND SCRIPT staff reserves the right to edit all submissions for content, policy and style.*

**On the cover:**  
Senior Airmen (from left) David Shaw, Jose Rodriguez, Christine Beyea, and Airman 1st Class Adam Albaugh, 380th Expeditionary Civil Engineer Squadron members, play soccer in the sand Monday afternoon.

## Take five

After a 12-hour shift and all call, 380th Expeditionary Aircraft Maintenance Squadron members relax in the “gazebo” outside Hangar 3 Wednesday.

*Photo by Master Sgt. Rebecca Roady*





Please pass my sincere appreciation to the men and women of the 380th Air Expeditionary Wing for their superb support during ... recent visit ... are doing an amazing job ... and I am honored to serve along side them.

T. Vukobratovic

## Triathlon

Three-person teams will spin six miles in the Phantom Center, swim nine laps at the pool, and sprint three laps around Phantom East at 6 p.m. Saturday.

## Shredder

ELRS has a small, 110 volt, level six paper shredder available. (Quiet; shreds into very tiny pieces.) For more information call Doug Hoopes at 434-2255.

## Mission familiarization

A mission familiarization tour, open to all personnel, is scheduled for 6:30-8:30 p.m. March 16.

The tour, which begins with an intel briefing in the EMXG conference room, includes the fabrication flight, tanker ramp, big tops, U-2 hangars, support and Global Hawk hangars, dinner at the CDK and more.

Security clearance is required for part of the tour, but does not preclude participation.

An authorized flightline photographer will accompany the tour and take hero shots, so please leave your camera behind.

The tour is open to the first 30 people who register by e-mailing or calling Staff Sgt. Lisa Richardson at 434-4870. For more information contact 1st Lt. Paul Hardy at 434-4754.

## Sand Script deadlines

Assigned columns (opinion, creditworthy Airman, etc.) are due by close of business the Friday before publication date; news releases are due by COB the Wednesday before publication.

## Prayer Breakfast

Chaplain Major General Charles Baldwin will present "24 - One Day Can Change a Life Forever" at 7 a.m. Monday at the Phantom Center.

## Lunch with a Lawyer

Major Gail Crawford, 380th AEW/JA, will answer legal questions 11:30 a.m.-12:30 p.m. Wednesday at Roy's Diner.

## T-shirts

Services will award T-shirts to anyone who attends water aerobics eight times in March.

## Travel policy

Effective immediately, GCAT group leaders must be captain/staff sergeant or above and will be responsible for their entire party.

The off-base travel curfew is now 10 p.m. Any exception to this policy must be routed through the chain of command to the wing commander for approval.

## Trips and tours

Personnel on station more than 30 days become eligible for two pass days monthly and can choose among a number of shopping trips, fun and relaxation trips, and adventure trips costing 40-1,000Dhs.

Most trips are limited to 25 people; fishing, snorkeling and cruises are limited to two 6-person trips. Advance payment is required for adventure trips. Sign up NLT seven days prior to trip.

For more information call 434-3733.



## Now hiring

The Seven Sands Chapel Praise Team is looking for singers, musicians, sound technicians and worship leaders. To hear them perform, click anywhere on the caption. To join them, call Staff Sgt. Sadie Chambers at 434-3245.

Photo by Master Sgt. Rebecca Roady

# 380th Bioenvironmental checks air quality

By Col. Douglas Anderson  
380th EMDG commander

The 380th Expeditionary Medical Group's Bioenvironmental Engineering personnel recently completed a year-long study during which they collected samples for particulate matter suspended in air. U.S. Central Command tasked BE to participate in this enhanced particulate matter surveillance initiative to investigate whether the PM might cause negative health effects. Two other locations in the AOR participated in this U.S. Army Center for Health Promotion and Preventive Medicine program. Presently, there is insufficient information about the concentration and physical properties of the ambient air particulate matter to which U.S. and coalition service members are exposed within the USCENTCOM AOR.

The lack of detailed knowledge about the ambient air PM hinders the ability of physicians and other environmental health professionals to determine whether there are short- or long-term health effects from exposure. Occupational health physicians need a more complete characterization of the particulate matter concentration and physical properties to determine what potential health effects exist within the USCENTCOM AOR. To complete this task, BE used portable, battery powered sampling equipment to collect ambient air particulate matter samples once every six days for a one-year period beginning in January 2006 in Tent City. The sampling pumps collected samples in three sizes – Total Solid

Particulates (TSP), PM10 and PM2.5. The TSP pump collected samples related to the human nasal cavity system. TSP comes from sources like dusty roads, soil tilling, quarries and fuel combustion.

The PM10 pump collected samples related to particulates that are 10 microns in size that could possibly reach the lungs; the PM2.5 pump collected samples related to particulates that are 2.5 microns and could possibly reach the blood stream. PM10 and PM2.5 come from sources such as burning coal, oil, wood and light fuel oil in domestic fires, transportation and industrial processes. Natural sources of particles include sea salt, dust, pollens and volcanic activity. PM2.5 is also formed through chemical reactions in the atmosphere. Collecting in multiple size ranges allows for determination of the amount and characteristics of the PM that can be trapped in the nasal cavity system, reach the lungs, and penetrate the lungs and be taken up in the blood stream.

The second aspect of this project is for the analysis effort to link the characteristics of the source material (primarily soils for mineral dust particulates) with the characteristics of the PM that are observed in the local air and environment around a military installation. This analysis will provide valuable information on how to link source materials with expected contributions of dust and their physical and chemical attributes. These results will allow for determination of potential mineral dust exposures at sites that are identified as possible base areas. Knowledge of

potential problems prior to large scale deployment, through pre-testing of soils and earth materials, could be used to avert or reduce exposure levels by modifying or selecting alternative locations that are more suitable.

Bioenvironmental Engineering will provide a follow-up report after the Army laboratory conducts analysis of all samples and interprets the data. The results will be part of the Environmental/Occupational Health Workplace Exposure Data, Medical Form 600, which all members receive when they out-process from deployment locations in the AOR.



Bioenvironmental engineers at three locations in the AOR use portable, battery powered sampling equipment to collect ambient air particulate matter samples once every six days for a one-year period beginning in January 2006.

# Pilots, maintainers alone can't keep Air Force flying



**By Master Sgt. Ed Van Etten**  
380th ESFS first sergeant

Before I became a first sergeant, I spent 20 years in the Air Force doing various jobs all having to do with flightline maintenance. I started out as an airman basic working as a crew chief on fighters and progressed up in rank to master sergeant in the position of Aircraft Section Superintendent in charge of 73 crew chiefs. All this time I thought, as almost everyone in aircraft maintenance thinks, that the aircraft and the people who fly and fix them are what the Air Force is *all* about.

What does this have to do with teamwork you ask? The command chief at Mountain Home AFB, Idaho, believes first sergeants should get out of their comfort zones and work in squadrons that they have little or no experience with. This lets them do two things: concentrate on taking care of the people and get a better appreciation of what each squadron brings to the fight.

While back home this is all pretty much taken for granted, when you deploy the pieces all come together like a well oiled machine. Here at the 380th it takes

a total team effort. *All* members' contributions impact the mission so the Wing can "meet the frag."

I'm the first sergeant for the Expeditionary Security Forces Squadron so I'll start there, but I will keep it short. Base protection! This, by the way, includes protecting you. If you don't think that is an important mission ask your mom, dad, spouse or significant other if it is important to them.

How about PERSCO? Everyone thinks all they do is in-process you when you come in and out-process you when you leave, but they do much more than that. If you are promoting, reenlisting, PCSing or, heaven forbid, become a casualty, then you see the other side of their very important job.

Logistics Readiness does a lot more than just "pass gas;" they take care of our government vehicles' maintenance, store and issue everything from aircraft parts to new uniforms and, maybe most importantly, make our arrangements to leave at the end of our time here!

Not only does the Civil Engineer Squadron provide fire protection and TCN escorts for the base, they are also improving the base infrastructure by building, paving, cooling and powering several different projects around the wing.

Comm is always busy keeping us connected to the world outside our walls with radios, phones and computers. Contracting is busy working with different suppliers, negotiating for everything we need locally—from the food at the dining facility to any equipment and supplies that are more cost effective to buy here than ship from the states.

Services has several pieces of the pie, pardon the pun. They house us in comfortable quarters, feed us a variety of good food and never lock the DFAC doors!

They also do their best to keep us entertained via the Chapman Activity Center, movie tent, morale trips and the local waterin' hole (bar). In today's Air Force, keeping in shape is also a priority and ESVS operates the cardio and weight sprung along with the pool for swimmers.

The Expeditionary Medical Group looks out for our physical well being two ways. The docs are ready and able to care for injuries, and public health is out doing their best to ensure we keep our living and cooking areas clean and sanitary. In both cases, EMDG keeps us healthy so we can conduct the mission.

Another group of folks who are looking out for your well being is the Chapel staff. They work hard to meet everyone's spiritual needs and are very friendly if you need to bend their ear. Finance is there to cash checks so you have money to spend and to answer any question you might have about your pay and entitlements. They will also help you file an accrual travel voucher through vMPF and have a computer set up just for that purpose.

We are the Air Force and everyone knows and understands the contributions our flight crews and maintainers provide. But I would like to point out some other hard working Airmen without whom the jets wouldn't fly or get fixed. In the ops world there is life support, base ops, intel, weather, and air traffic control. In the maintenance world there are the schedulers, debriefers and tool room crews. We also can't forget Quality Assurance, who ensures the job is done right.

When I walk around the base and see so many professionals going about doing their duty, making the mission happen, I am proud to be here doing *my* part. We truly are ONE TEAM, ONE FIGHT!



**Col. Gregory A. Kern**  
380th AEW commander

**QUESTION:** It's my understanding permanent party people are able to go to Dubai. If they can go how come rotational people can't go? Thank You for your time.

**ANSWER:** As you know, I closely monitor all off-base travel to ensure our ability to accomplish the mission is not degraded in any way. That being said, travel to Dubai is not restricted provided the operational requirement dictates such travel. For a number of reasons, to include force protection, travel out of the local area is primarily limited to Official Business Travel. On occasion, I approve travel out of the local area for Services sponsored trips; however, on each instance the travel request is first reviewed by the Force Protection Working Group. For additional information my travel guidance is defined within AEWI 31-104.

## Mea culpa (learn from my mistake)

By Master Sgt. Rebecca Roady  
380th AEW Public Affairs chief



*It all began in October, when I attended Combat Skills Training at Lackland AFB as a home station pre-deployment requirement. I heard the message. I saw the gruesome slides and webcasts.*

*It was hammered home in November when I attended Combat Skills Training (on steroids) at Fort Dix as a public affairs pre-deployment requirement: IEDs are **the** thing to fear in the AOR.*

*So I knew better ...*

For more than two months, I diligently returned to my dorm room or office with any BX purchases before entering the Oasis dining facility. For more than two months, I returned to my car to secure my camera bag before entering Roy's Diner. Last weekend I got lazy.

I had finally scored the little red handbag that was to be my forever reminder of this place and time; I was with friends I didn't want to make wait; and I was not about to leave my treasure outside on a pavilion picnic table while eating in the DFAC!

"It's no bigger than a booney hat," we reasoned. "Just leave it on the mantel." So I did.

My purse was rightly confiscated by Lt. Col. Lawrence Eichhorn, 380th Expeditionary Mission Support Group deputy commander, who (more gently than I deserve) admonished, "Fortunately I did not perceive the package to be suspicious or a threat, in which case I would have had to evacuate the DFAC, call in the appropriate response forces, and have the suspicious package in question removed for disposal—meaning destroyed."

I'd have survived the heartbreak of losing my new favorite purse, but the humiliation of being responsible for an evacuation and EOD drill is quite another story.

So please, don't be like Becky. Rules like "no packages in the DFAC" and procedures like inspecting a vehicle left unattended for any amount of time in town are designed to protect us. Don't get complacent just because we've been here, and been safe, so long.



**Dec. 21, 2004**  
**FOB Marez, Iraq**

**In the shambles and overturned lunch trays in a U.S.-Iraqi base mess outside Mosul, 22 soldiers died and dozens more were injured. (CBS/AP)**

**AP photo**

*Capt. Simons says:*

## Sleep hygiene helps compensate for time change



**Capt. John Simons**  
**380th EMDG social worker**

*I am having problems with my sleep. How can I get myself acclimated to the large difference in time?*

For many in a deployed setting, because of changing time zones, problems with sleep are common and do not resolve quickly.

Traveling from Okinawa to the states I noticed it took about a week to acclimate to the time difference. Even after eight hours of sleep during the night, my body still felt tired during the day. Day time in the States was my night in Okinawa. Now, like you, many deployed here are facing similar circumstances combined with the unique stressors associated with being deployed. Here is a list of some sleep hygiene helps that you can try:

- Decrease the room temperature. As we fall asleep our body temperature has a tendency to drop promoting a feeling of drowsiness.
- Reduce or eliminate exposure to light (TV/computer) two hours

before bed. Reducing light exposure helps to ensure the body produces melatonin, a chemical from the pineal gland which helps us fall asleep and stay asleep.

- Use the bed only for sleep. By restricting the use of the bed to sleep we begin to mentally associate our bed with sleep as opposed to other things which keep us awake.

- If awake more than 90 minutes, get up and do something.

- If having problems falling asleep (Early Insomnia), expose yourself to daylight in the morning for 30 minutes.

- If having problems staying asleep (Sleep Maintenance Insomnia), try light exposure in the late morning.

- Eat light meals—proteins and complex carbs—before bedtime.

- Have a regular exercise routine (at least 10 minutes of vigorous exercise 3-5 times per week).

- Before going to bed take a few minutes to write things down that may be on your mind. If you are awakened in the middle of the night with things to do, have pen and paper ready to write them down.

- Avoid alcohol several hours before bedtime.

- Take a multi-vitamin. Deficiencies in B vitamins, calcium and magnesium can inhibit sleep

- Practice diaphragmatic breathing for 4 minutes prior to when you would normally fall asleep (works best if you practice it twice daily).

- Consider white noise or ear

plugs if appropriate.

- Avoid large amounts of liquids a few hours before you go to bed.
- Avoid over-the-counter sleep medications.
- Avoid caffeine after noon and try to keep your overall caffeine intake under 350 mg. Avoid nicotine two hours before bed.
- Avoid intense physical activities right before going to bed.

Also you can try using this formula:

Calculate how many hours you actually do sleep on average and add one more hour. Use this formula to schedule how much sleep time you will allow yourself. For example, if you were averaging 5.5 hours of sleep for the past month despite staying in bed 8.5 hours, allow yourself 6.5 hours of potential sleep time. If your normal wake-up time has been 6 a.m. go to bed at 11:30 pm. Do this for at least four weeks. Your goal will be to fill up most of that bedtime with sleep. Eventually your body temperature will adjust and the sleep pressure will build up so that you can make another adjustment to add another hour to be able to sleep for 7.5 hours.

A lack of sleep, among other things, can contribute to a decreased ability to focus, decreased energy and a rise in irritability. These are all things that can affect our ability to function and accomplish the mission.

If sleep problems persist don't hesitate to seek help. Questions about sleep and possible treatments can be directed to me at 434-2720.

# User maintenance keeps AC clean, ready for summer

**By Tech. Sgt. Richard Fife  
and Staff Sgt. Richard Monsalve  
380th ECES HVAC shop**

Summer heat is fast approaching, and air conditioning will play a vital role in keeping morale up and completing the mission here at the 380th Air Expeditionary Wing. There are approximately 3,000 air conditioning systems throughout the base. Most of these are two-piece air conditioning systems that include the white boxes hanging on your wall and associated equipment located outside.

It is the responsibility of the 380th ECES Heating, Ventilation and Air Conditioning section to maintain air conditioners throughout the base. The sheer volume of these systems makes it necessary for you to keep the filters clean. Here are some simple steps to help you accomplish this important task.

Check your filters every two weeks and clean with water. This is a key part of preventive maintenance and will ensure your system is running at peak efficiency. The same policy and procedures apply to any traditional window air conditioners you may have in your work space.

Another important aspect of the HVAC system in dorms 100 thru 400 is the fresh air that dumps into the hallways. This fresh air comes from a separate unit that draws 100 percent outside air, cleans it and conditions it. This air travels down the hallway and under your room door; the purpose is to wash your room with fresh air to reduce odors, mold and mildew. This air escapes thru that annoying little flapper in the wall. Don't tape it shut! This air is also a benefit if your room air conditioner fails; it will keep your room livable until we can make repairs. If the exterior doors are not kept closed, this fresh air will not go into



your room and will be exhausted to the outside, wasting energy and conditioned air.

Another way to conserve energy is proper system operation. The recommended temperature settings are 22C while the room is occupied and 24C when the room is unoccupied. These

settings will allow you to be comfortable when you are in the room and save energy when you are not.

If you have any questions concerning the HVAC system or on cleaning the filters, please call the 380th ECES customer service section at 434-2539.



Locate cutouts on the left ...



... and right sides of your wall unit.



With both hands, gently but firmly pull on the front cover.



The cover swings toward you and up.



Push up at the bottom of each filter then lift and pull the filter to remove it. Clean the filter with plain water in a sink or basin.



If your unit has an additional set of filters, lift them out by pulling down. Vacuum or shake out dirt and dust.



Reinstall by fitting back in grooves and pushing upward.



Reverse these steps to put the unit back together. The filter slides into a small channel at the top of the unit.

## Doggie bags

The 380th Expeditionary Security Forces Squadron K9 section requests donations of unwanted luggage to be used for dog training. Drop off at Bldg. 1411, or call 434-2837/35 to arrange pick-up.

Photo by Tech. Sgt. Neil Armstrong



# Desert Stargazer

By Major Neil Thomas  
380th AEW/XP

Welcome back to the Desert Stargazer. The warm and clear nights around here continue to make visual astronomy the perfect hobby.

The lunar eclipse of last week didn't disappoint! I know a lot of you missed it due to the late hour. But I also noticed a bunch of night owls wandering around and looking upward. Feel proud if you did see it. This was one of the best places in the world to watch it. Most of the U.S. east coast was clouded out to one degree or another. There's actually another one here in August (but not in the U.S.). After that, you'll have to wait until past 2010 to see one anywhere.

Venus continues to dazzle the evening sky. Once the sun goes down, Venus is

the brightest thing in the sky for several hours. Just look in the direction of sunset.

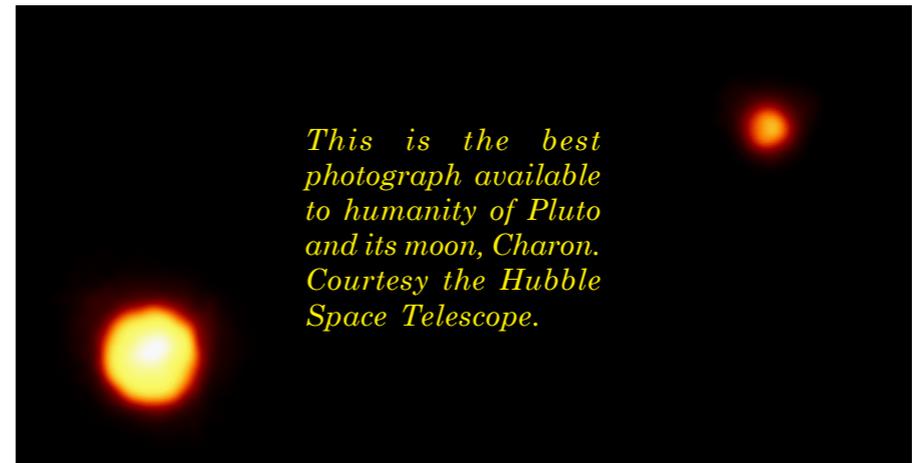
After Venus turns in for the evening, Saturn takes center stage. It's just about straight overhead at midnight.

In the mornings, Jupiter is still easy to spot. This week it's directly overhead at sunrise. If you're out running Sunday or Monday morning, you'll see it relatively close to the moon.

Factoid: In the last few weeks, we talked about how far away the moon, sun, and Pluto would be if the universe were shrunk until Earth was the size of

a basketball. We last pondered how far away the nearest star would be by this scale. I was excited to get a couple guesses on this one. None of them matched mine. So, I'll show you how I got my answer, in case I messed up. A basketball is 29.5 inches across. The real Earth is about 7,900 miles in diameter, or 502,000,000 inches. Thus, our make-believe universe has a scale of one to 17 million. The nearest star is Proxima Centauri and it's 4.3 light years away. A light year is how far light can travel in a year. Keep in mind that a light beam can go all the way around the Earth more than seven times in one second. Yeah, it can go a long way in a

year. Anyone on Proxima trying to pick up Fox News with their antennas are just now hearing



*This is the best photograph available to humanity of Pluto and its moon, Charon. Courtesy the Hubble Space Telescope.*

Martha Stewart plead not guilty and learning that Britney Spears has married childhood friend Jason Alexander and annulled it later that day. 4.3 light years works out to 25.3 million miles. Reduced to our basketball scale, this is only 1.5 million miles. So, if you could walk to the moon in the same amount of time it takes to walk from the 3-point line to the hoop, you'd have to walk 20 miles a day for over 200 years to get to the nearest star. The nearest galaxy to the Milky Way is 2 million light years away. You can only imagine how far behind on Survivor and American Idol they are!

# Caption Contest

And the winner is:

*“Not nearly as famous as the land shark, the land squid can be just as dangerous.”*

Tech. Sgt. Kerry Miller  
380th EOSS/OSAM



This week's photo is on the left. Send your caption to [380aew.pa@adab.centaf.af.mil](mailto:380aew.pa@adab.centaf.af.mil) by 5 p.m. Wednesday.

Captions should be in good taste and no more than 45 words. The winner's name and unit will be published in next week's Sand Script.

# Combat Sudoku

**Directions:** Complete the grid so that every row, column and every three-by-three box contains the digits 1 to 9. All correctly formed Sudoku puzzles are solvable using logical solving techniques. The majority of puzzles can be solved using just one key technique. Each row, column, and region must contain only one instance of each numeral. (Click on grid for solution.)

**History:** The name "Sudoku" is the Japanese abbreviation of a longer phrase, "Suuji wa dokushin ni kagiru," meaning "the digits must remain single." It may have originated from a game called Latin Squares or Magic Squares thought up by the Swiss mathematician, Leonhard Euler. He invented Magic Squares or "carrés magiques" in 1783. Magic Squares had fewer restrictions than Sudoku with no lines dividing the square.

The modern Sudoku was designed anonymously by Howard Garns, a 74-year-old retired architect and freelance puzzle constructor, and first published in 1979. He died in 1989 before getting a chance to see his creation as a worldwide phenomenon. The puzzle was first published in New York by the specialist puzzle publisher Dell Magazines in its magazine Dell Pencil Puzzles and Word Games, under the title Number Place.

		9						7
		7	5					
			1	3			6	4
			4	9				5
5	6							
4						2		
			8	1				
			6			3	7	
		8				6		

# COMMUNITY

The Sand Script community calendar will be discontinued after this week. It has been replaced by a shared Outlook calendar:

1. In Folder list, expand "Public Folders"

2. Expand "All Public Folders"

3. Expand ADAB

4. Expand EMSG

5. Expand 380 ESVS

6. Right click on calendar icon; select "Add to Favorites"

7. Go back to Calendar view and checkmark the Services calendar

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>5 p.m. Vigil Mass 7:30 p.m. Gospel Service 7:30-8:30 p.m. Praise Team Practice</p> <p>No GCAT</p> <p>6 a.m. Spinning 6 p.m. Triathlon</p> <p>Hip Hop/R&amp;B &amp; Dominos</p> <p>8-9 p.m. Country Line Dance Lessons</p> <p>1:30 a.m. Trivia 7 a.m. Trivia 10 a.m. Texas Hold'em 1 p.m. Texas Hold'em 4 p.m. Beginner Texas Hold'em 7 p.m. Spades 11 p.m. Spades</p> <p>LUNCH BBQ Ham Steak Turkey &amp; Noodles Beef Ball Stroganoff</p> <p>DINNER Chicken Shawerma Beef Shawerma Shrimps Beryanni Dolma (Stuffed Vegetables)</p>	<p>8:30 a.m. Confession 9 a.m. Catholic Mass 11 a.m. Contemporary Protestant Service 4 p.m. Latter Day Saints Service 6:30 p.m. Traditional Protestant Service</p> <p>No GCAT</p> <p>6 a.m. Spinning 6 p.m. Water Aerobics</p> <p>8 p.m. Deal or No Deal</p> <p>1:30 a.m. Ping Pong 6 a.m. Ping Pong 1 p.m. BINGO 5 p.m. Texas Hold'em midnight Texas Hold'em</p> <p>LUNCH Herbed Baked Chicken Stuffed Cabbage Rolls Southern Fried Catfish</p> <p>DINNER Roast Loin of Pork Jaeger w/ Mushroom Sauce Giz Cornish Hen</p>	<p><b>SEVEN SANDS CHAPEL 434-3245</b></p> <p>7 a.m. Catholic Mass 7-8:30 p.m. Catholic Doctrine Class</p> <p><b>TOURS &amp; TRAVEL 434-3700</b></p> <p>3-11 p.m. Sunset Safari 9 a.m.-5 p.m. Green Golf</p> <p>5 a.m. Power Abs 5 a.m. Tae Bo 6 a.m. Spinning 11 a.m. Circuit Training 7 p.m. Tae Bo 8 p.m. Spinning</p> <p>Oldies Nite</p> <p>8-9 p.m. Latin Dance Lessons</p> <p>2 a.m. 8-Ball 7 a.m. 8-Ball 1 p.m. Spades 7 p.m. Foosball 8 p.m. Spades 10 p.m. Dominos 11 p.m. Foosball</p> <p>LUNCH Mexican Baked Chicken Swiss Steak w/ Tomato Sauce Stuffed Green Pepper</p> <p>DINNER Lasagna Spaghetti w/ Meat Sauce Italian Sausage</p>	<p><b>SEVEN SANDS CHAPEL 434-3245</b></p> <p>7 a.m. Catholic Mass 9 a.m. Reunion Brief 2 p.m. Reunion Brief 7-8:30 p.m. Catholic Choir Practice</p> <p><b>FITNESS 434-2442</b></p> <p>8 a.m. Spinning 11 a.m. Circuit Training 6 p.m. Water Aerobics</p> <p><b>BAR PAVILION</b></p> <p>8 p.m. BINGO</p> <p>8-9 p.m. Country Line Dance Lessons</p> <p><b>CHAPMAN ACTIVITY CENTER</b></p> <p>2 a.m. Spades 7 a.m. Spades 1 p.m. Texas Hold'em 7 p.m. Darts 8 p.m. 500 Rummy 10 p.m. Darts 11 p.m. Texas Hold'em</p> <p><b>OASIS DINING FACILITY</b></p> <p>LUNCH Fish Almondine Stir Fry Chicken w/ Broccoli Roast Pork Chops w/ Mushroom Gravy</p> <p>DINNER Crispy Baked Chicken Cajun Meat Loaf Ribeye Steak</p>	<p>7 a.m. Catholic Mass 7 p.m. Bible Study 7:30-9 p.m. Praise Team Practice</p> <p>No GCAT</p> <p>5 a.m. Power Abs 5 a.m. Tae Bo 6 a.m. Spinning 11 a.m. Circuit Training 7 p.m. Tae Bo 8 p.m. Spinning</p> <p>Hot Wings &amp; Sports on Blimp TV</p> <p>2 a.m. Dominos 7 a.m. Dominos 1 p.m. 8-Ball 5 p.m. Ping Pong 7:30 p.m. Ping Pong 8 p.m. 8-Ball 9 p.m. Hearts 11 p.m. Ping Pong</p> <p>LUNCH Tuna &amp; Noodles Sauerbraten Chicken Breast Parmesean</p> <p>DINNER Ginger BBQ Chicken Fried Shrimp Seafood Cocktail Spinach Lasagna</p>	<p>7 a.m. Catholic Mass 9 a.m. Reunion Brief 2 p.m. Reunion Brief 7:30-9 p.m. Joy Night Choir Practice</p> <p>9 a.m.-5 p.m. Corniche Boat Cruise</p> <p>8 a.m. Spinning 6 p.m. Water Aerobics</p> <p>8-11 p.m. Karaoke Night</p> <p>2 a.m. 9-Ball 7 a.m. 9-Ball 1 p.m. BINGO 8 p.m. Scrabble 9 p.m. Computer Games 11 p.m. Scrabble</p> <p>LUNCH</p> <p>DINNER</p>	<p>7 a.m. Catholic Mass Noon Muslim Prayer Service 6 p.m. Jewish Sabbath Service 7 p.m. 'Every Man's Marriage' Study Group 7:30-9 p.m. Praise Team Practice 9 p.m. Joy Night Service</p> <p>9 a.m.-9 p.m. Snorkeling 9 a.m.-9 p.m. Shopping</p> <p>5 a.m. Power Abs 5 a.m. Tae Bo 6 a.m. Spinning 11 a.m. Circuit Training 7 p.m. Tae Bo 8 p.m. Spinning</p> <p>8-11 p.m. Latin Night</p> <p>8-9 p.m. Latin Dance Lessons</p> <p>1:30 a.m. Texas Hold'em 8 a.m. Ping Pong 1 p.m. Ping Pong 7 p.m. Texas Hold'em 10 p.m. Trivia midnight Trivia</p> <p>LUNCH</p> <p>DINNER</p>

# Now Playing

The following movies are currently showing round the clock at the base theater. Specific start times appear daily in the ADAB Bulletin.



**Black Dahlia:** An adaptation of James Ellroy's novel about two 1940s L.A. cops who head up the hunt for the killer of starlet Elizabeth Short.



**Blood Diamond:** A farmer, a smuggler, and a syndicate of businessmen match wits over the possession of a priceless diamond.



**Casino Royale:** In his first mission, James Bond must stop Le Chiffre, a banker to the world's terrorist organizations, from winning a high-stakes poker tournament at Casino Royale in Montenegro.



**Deja Vu:** An ATF agent travels back in time to save a woman from being murdered, falling in love with her during the process.



**Departed:** Two men from opposite sides of the law are undercover within the Mass. State Police and the Irish mafia, but violence and bloodshed boil when discoveries are made, and the moles are dispatched to find out their enemy's identities.



**Descent:** A caving expedition goes horribly wrong, as the explorers become trapped and ultimately pursued by a strange breed of predators.



**Eragon:** In his homeland of Alagaesia, a farm boy happens upon a dragon's egg — a discovery that leads him on a predestined journey where he realized he's the one person who can defend his home against an evil king.



**Flags of Our Fathers:** The life stories of the six men who raised the flag at The Battle of Iwo Jima, a turning point in WWII.



**Flicka:** Young Katie claims a wild horse as her own — an effort to prove to her father that she is capable of one day taking over the family ranch.



**Flushed Away:** The story of an uptown rat that gets flushed down the toilet from his penthouse apartment, ending in the sewers of London, where he has to learn a whole new and different way of life.



**A Good Year:** A British investment broker inherits his uncle's chateau and vineyard in Provence, where he spent much of his childhood. He discovers a new laid-back lifestyle as he tries to renovate the estate to be sold.



**Gridiron Gang:** Teenagers at a juvenile detention center, under the leadership of their counselor, gain self-esteem by playing football together.



**Grudge 2:** In Tokyo, a young woman is exposed to the same mysterious force that afflicted her sister. The curse brings together a group of previously unrelated people who attempt to unlock its secret to save their lives.



**Guardian:** In an effort to find his place in life, a troubled young man enlists in the Coast Guard, where he's taken in by a renowned rescue swimmer who's hardened by the loss of his team from an accident years back.



**Happy Feet:** Into the world of the Emperor Penguins, who find their soul mates through song, a penguin is born who cannot sing. But he can tap dance something fierce!



**Invincible:** Part time bartender and full time Eagles fan Vince Papale tries out for the team during open call and makes the team in a complete twist of fate. Invincible is the story of Papale's career with the Eagles and his personal struggles and triumphs.



**Lady in the Water:** Apartment building superintendent Cleveland Heep rescues a young woman from the pool he maintains, then discovers she is actually a character from a bedtime story who is trying to get back to her home.



**Man of the Year:** On a lark, the host of a late-night political talk show (Williams) decides to run for president. The thing is, he never expected to win.



**Night at the Museum:** A newly recruited night security guard at the Museum of Natural History discovers that an ancient curse causes the animals and exhibits on display to come to life and wreak havoc.



**Open Season:** Boog, a domesticated grizzly bear, finds himself stranded in the woods three days before Open Season. He and Elliot, a fast-talking mule deer, rally other forest animals to form a rag-tag army against the hunters.



**Prestige:** Robert and Alfred are rival magicians. When Alfred performs the ultimate magic trick, Robert tries desperately to find out the secret to the trick.



**Stranger Than Fiction:** An IRS auditor suddenly finds himself the subject of narration only he can hear: narration that begins to affect his entire life, from his work, to his love-interest, to his death.

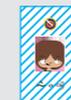


**Wicker Man:** A sheriff investigating the disappearance of a young girl from a small island discovers there's a larger mystery to solve among the island's secretive, neo-pagan community.

## Creditworthy Airman



My name *Airman 1st Class Bryant Burns*  
 hometown *Jaffrey, New Hampshire*  
 home station *Beale AFB, California*  
 hobbies *weightlifting, snowmobiling, 4-wheeling, baseball, football, cars*  
 date arrived in AOR *October 31, 2006*  
 deployment goals *learn more about my airframe; school during down time*  
 best part of deployment *jet broke but we spun up another, made the sortie*  
 best Air Force memory *Barksdale Air Show incentive ride on B-52*  
 My job *aircraft maintenance*  
 My card *Emirate Express (don't leave the base without it)*



*Bryant Burns*

My life. My card.



# Kick it up a notch!

*Team sports promote fitness, friendships*

By Master Sgt. Rebecca Roady  
380th AEW Public Affairs

Before long, runners' road will be empty and the treadmills will be full, as 100-plus-degree heat will bring all but the most stalwart of Airmen into the pool or air-conditioned fitness sprungs for their workouts. But for the time being, the weather is perfect for the many team sports offered on base.

Eight teams are playing in Services' intramural basketball league, and informal teams regularly shoot hoops on the court as well.

Ultimate frisbee is the game-du-jour Mondays, Wednesdays and Fridays at 5 p.m. behind the dormitories.

And pick-up soccer is played at 5:45 p.m. every Monday and Thursday on the soccer field. Everyone is welcome, but for more information call Senior Airman Jose Rodriguez at 434-2592.

**BACKGROUND:** Senior Airman Dario Dotto, 380th Expeditionary Civil Engineer Squadron, makes a corner kick.

**TOP LEFT:** Senior Airman Jose Rodriguez, 380th ECES TCN escort, heads a ball.

**TOP RIGHT:** Airman 1st Class Nicole Wylam, 380th ECES TCN escort, prepares to take a shot.

**ABOVE:** Airman 1st Class Adam Albaugh, 380th ECES TCN escort, clears the ball from danger.

**RIGHT:** Staff Sgt. Richard Monsalve, 380th ECES HVAC technician, dribbles down the "field."

## PARTING SHOT



## Who needs topiary?

Pavers shaped as a smiley face (occasionally blowing raspberries) greet visitors to the flightline latrine.

*Photos by Master Sgt. Rebecca Roady*

